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NEWS WORTH SHARING.



Students make no-trash splash in Saudi Arabia

Student volunteers in Halifax inspire highway cleanups in cities back home PAGE 4

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Filming in front of the camera

That cameraman character in The Sacrament really did record some action PAGE 15

TAMING OUR SAVAGE STREETS

MAYOR SAYS THERE'S 'LOTS OF ROOM TO IMPROVE' WHEN IT COMES TO MAKING HALIFAX A BIKE-FRIENDLY CITY DURING THE SECOND ANNUAL MAYOR'S RIDE PAGE 5



GARDENS LOCKDOWN

Officers with Halifax Regional Police search the Public Gardens on Monday after a man reportedly claimed a gun was hidden inside the popular park. The Gardens was under lockdown for close to two hours, but police say no weapon was found. Story, page 3. JEFF HARPER/METRO

'A final salute to our colleagues'

Moncton shooting.

Nova Scotian police, politicians and officials pouring in for funeral

DESIREE FINHERT
For Metro



HRP's traffic unit leaves for the funeral Monday. DESIREE FINHERT/FOR METRO

Police officers from Halifax and across North America are descending on Moncton as the city pays a final salute to three fallen RCMP officers.

Members of the Halifax Regional Police's traffic unit travelled convoy style on motorcycles Monday, en route to New Brunswick for the next day's funeral.

They will be on security duty and escorting the funeral procession through the streets of Moncton.

"We have brothers in arms who have given the ultimate sacrifice," said Const. Pierre Bourdages.

A regimental funeral is being held at the Moncton Coliseum at 1 p.m. Tuesday for Const. David Ross, Const. Fabrice Georges Gevaudan and Const. Douglas James Larche.

The three were killed while responding to a report of a man with firearms last Wednesday. Two other officers were injured.

The city is expecting between 5,000 and 7,000 officers to march in the procession. RCMP officers and staff across Nova Scotia, as well as additional HRP officers, are also making the journey.

"This is a sad time for us," said RCMP spokesman Sgt. Al LeBlanc. "A time to mourn the loss of three incredible men. A final salute to our colleagues."

Nova Scotia Premier Stephen McNeil, Justice Minister Lena Diab and Minister Mark Furey, a former RCMP officer, are also planning to attend.

In the days since the shooting, LeBlanc said the community support has been encouraging.

"People dropping off flowers at detachments, food, cards," said LeBlanc. "People have come in here to sign a book of condolences. It's very uplifting."



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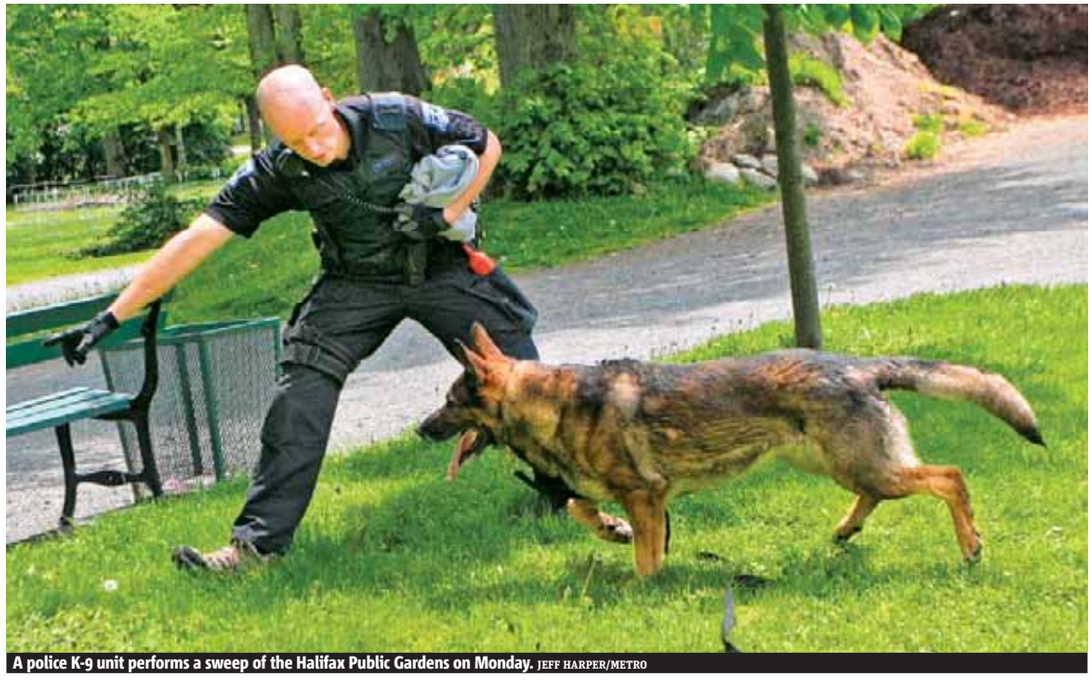
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Public Gardens locked down after report of gun

Two-hour closure.
Man, 24, arrested, but released without charges



HALEY RYAN
haley.ryan@metronews.ca



A police K-9 unit performs a sweep of the Halifax Public Gardens on Monday. JEFF HARPER/METRO

Halifax police officers were the only ones walking the tree-lined paths of the Public Gardens during a two-hour lockdown Monday afternoon, after a man was overheard saying there was a gun hidden in the park.

Two days after heavily-armed officers responded to reports of a man with a gun on the roof of a Burnside business, police spokesman Const. Pierre Bourdages said a citizen called about a man in the Gardens talking to himself about a gun around 11 a.m.

"After Moncton, and Dartmouth there the other day, people are of course on edge," said Trent Galbraith who had been passing through the gardens just before the lockdown.

A 24-year-old man was arrested when police arrived, and the park was closed as officers searched the area with a K-9 unit, but no firearm was found.

Galbraith said he walked by the man who police later arrested and thought something "wasn't quite right" when he heard him saying "nonsensical" things to an older couple soon after.

"No big deal, you see that all the time," Galbraith said, adding that the man hadn't seemed aggressive and didn't seem to be carrying any weapons.

However, Galbraith said the reaction from police and lockdown of the park were appropriate because "you can't take that chance."

Neil McNeil walked by during the closure, and said given the Moncton shooting where three RCMP officers were killed, police had "good reason to be concerned," but should also be aware some people who say alarming things could have mental-health issues.

"You have to balance it, but I think you have to err on the side of caution," McNeil said.

The park was reopened around 1 p.m., and Bourdages said the 24-year-old was questioned before being released without charges.

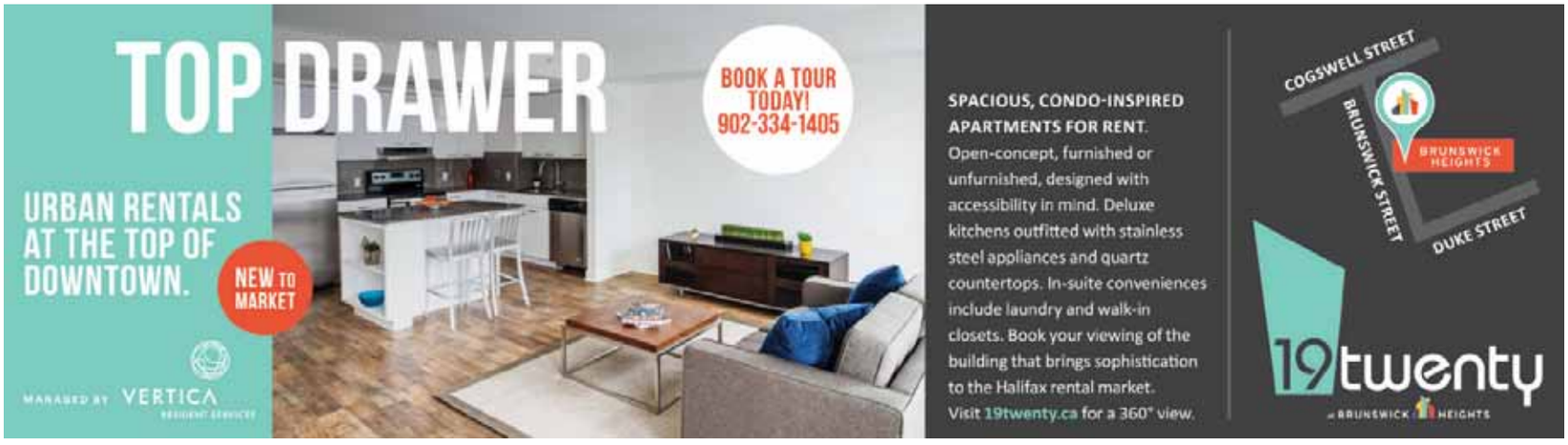
"We have to take these complaints seriously," Const. Bourdages said.

He said even before the Moncton shooting, police would have reacted to Monday's call the same way.

Although people don't seem necessarily more "on edge" because of the New Brunswick tragedy, Bourdages said citizens are more aware of their surroundings, which is good because "we cannot have police officers at every single corner."

Quoted

"We do rely on our citizens to provide us with the information on what they're seeing in the city, so we can assess and respond when needed."
Const. Pierre Bourdages



Picking up trash picking up in popularity overseas

Clean Up Your City. Idea takes off in Saudi Arabia thanks to Halifax international students

Trash picking has picked up traction in Saudi Arabia thanks to efforts here in Halifax.

A group of international students from different Halifax universities have been spending their free time picking up trash along Highway 102 near Halifax of late.

Word of their actions has prompted a frenzy of volunteer litter collection in their home country of Saudi Arabia.

"I see it as going crazy there," said Ayed Alotaibi Monday. "We are encouraging them on how to do something for their environment."

Over the weekend there were Clean Up Your City volunteers in the Saudi cities of Riyadh, Jeddah and Dammam. Al-Ahsa is on the schedule for this week and more groups are popping up in more cities.

Quoted

"His generation realizes it's not just a local thing, it's a global thing."

Michael Kydd, Mount Saint Vincent University instructor, on the trash-picking efforts helmed by Ayed Alotaibi.

"Most of them are my friends back home," said Alotaibi. "It's all about connection."

Alotaibi, with the Saudi Arabia Club in Halifax, has made a lot of connections through social media and hopes Clean Up Your City grows even bigger — big enough to become an annual event every June 5 in support of World Environment Day.

"I want to finish all of the cities back home," he said. "But then I want to close in Halifax. But I will need more people."

His ambition is to stir up enough enthusiasm to attract 100 volunteers — international and domestic students — who will wear the gloves and carry the bag all summer long.



Trash collectors in Saudi Arabia. CONTRIBUTED

Mount Saint Vincent University business teacher Michael Kydd showed no surprise that the grassroots initiative has inspired others.

"He has a remarkable ability to get people to buy into what he wants to do," Kydd said of Alotaibi. "He inspires change because he leads by action."

Kydd recalled the first time the crew of 10 international students showed up on the highway with garbage bags. He said the Saudi Arabians were the only ones who had volunteered for the dirty job, and they had brought tea and snacks with them.

"It's part of their culture," said Kydd. "It's wanting to care."

DESIREE FINHERT/FOR METRO



International students from several Halifax universities give a thumbs up to trash they collected on May 31 on Highway 102 near Bedford. DESIREE FINHERT/FOR METRO

Last chance for education input



Myra Freeman JEFF HARPER/METRO

The panel reviewing Nova Scotia's education system is encouraging the public to submit its ideas with five days left for its online survey.

Chairwoman Myra Freeman says the panel had received 17,485 submissions from students, parents, teachers and community leaders as of last Friday.

Freeman says while the response has been good, the panel would like to hear from as many people as possible from across the province.

She says the panel will take the summer to analyze the responses and identify major themes and areas of concern after the survey closes Friday.

A report will be submitted to Education Minister Karen Casey in October.

Freeman says experts will be assigned to help develop an overall plan for the education system once Casey reviews the report.

THE CANADIAN PRESS

Crime. Man charged after puppy allegedly beaten

A 26-year-old North Kentville man has been charged for causing suffering to a puppy.

Police received a call from a neighbour at 10:16 p.m. on June 6 about someone beating a dog with a wooden board.

The animal was injured due to the assault.

The man will appear in court on Sept. 2 on a charge under the Criminal Code.

Police say he had been reported to them earlier this spring as a result of another incident where the puppy was kicked.

KING'S COUNTY REGISTER

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Mayor says HRM has 'lots of room to improve' for better bike safety



Halifax Regional Police Chief Jean-Michel Blais, left, and Mayor Mike Savage, right, lead the a group of cyclists along Thistle Street in Dartmouth during the 2nd annual Mayor's Bike Ride on Monday. JEFF HARPER/METRO

Mayor's Ride. Councillors, police, students and parents join Mike Savage on ride through the city



HALEY RYAN
haley.ryan@metronews.ca

Mayor Mike Savage led a crowd of bikers up Thistle Street Monday afternoon to promote cycling as a healthy way to get around, but said that the city has "lots of room to improve" when it comes to improving bike infrastructure.

More than 50 HRM councillors, Halifax police and students and parents from the Bicentennial Junior High Bicycle Club joined Savage for the second-annual Mayor's Ride at Bicentennial School in Dartmouth as part of Bike Week.

Quoted

"People wave to you on your bikes because it's healthy."

Grade 7 student Montana Mattix

"It's good for your heart, it's good for our roads, it's good for everything that we do," Savage told the crowd before the ride down to Alderney Landing.

Becoming a more bike-friendly city means adjustments for some people, Savage said, but added some cities with older streets like Montreal have found ways for cyclists, pedestrians and cars to work together.

"I think we have lots of room to improve," Savage said. "There is some requirement to adjust, but I think it's important that we do."

Montana Mattix, a Grade 7 student, said she likes riding bikes because "it's good for your energy and it's easier for me to get to school on time."

Mattix said she feels safe biking in Dartmouth because drivers stop on the road "so you don't get hit."

"And I can enjoy bikes with my friends so it's a lot of fun."

Savage said HRM has identified a number of things to help improve cycling, like the Crosstown Connector on the peninsula. He said there's also a "recognition" among councillors that more can be done.

Bicentennial's principal, Kim Campbell, said the school's bike club started last year when they got a grant for 25 bikes for gym class, and it "took off from there."

Campbell said the club gives neighbourhood kids the chance to ride bikes, but more bike lanes would be "ideal" so they could ride to school comfortably.

City hashing out details of non-profit tax relief

City staff will begin drawing up scenarios to illustrate the impact of a new tax relief system on non-profit organizations in HRM.

The municipal Grants Committee is considering a shift from the current tax schedules — described as confusing and unfair — to a simplified system that uses a set tax rate for each category of non-profit organization.

HRM manager of fiscal and tax policy Bruce Fisher told the committee Monday that getting the categories right will be the key to making the new system work.

"If it's easy to move from one category of non-profit taxation to another, everybody will want to do it," he said. "The trick is going to be defining them well so that they're not subjective. It's not based on our opinion ... it's very clear and obvious. Then we have a much better shot at being successful."

Fisher recommended breaking non-profits into two categories: One for housing, homelessness, and "subsistence" organizations such as food banks; and a second for community non-profits, which would include emergency assistance, sport and recreation organizations and arts and crafts.



Coun. Barry Dalrymple METRO FILE

Coun. Barry Dalrymple suggested the housing and subsistence organizations should each have their own category.

"I'll even go so far as to say that ... the subsistence group should get the biggest tax relief, community non-profit groups should be in the middle, and for me, affordable or supportive housing should get the least," said Dalrymple.

City staff will report back to the committee in July with examples of the impact that tax rates at the high and low end of the scale would have on non-profit organizations in each category, compared to the tax relief they currently receive. RUTH DAVENPORT/METRO



Pictou County. Homes evacuated after train carrying propane derails

A freight train carrying propane derailed Monday in Pictou County, but the RCMP said the risk of an explosion was minimal. Police received a call shortly before 2 p.m. that a train left the tracks near 180 Lansdowne Rd. in West River Station, about 150 kilometres northeast of Halifax.

The Mounties said two people were aboard the train at the time, but no injuries were reported. Cpl. Scott MacRae said the train's engineer realized there was a problem and stopped the train, which was en route to Truro from Pictou, about 65 kilometres away.

MacRae said that's when the engineer noticed five cars carrying liquid propane had derailed and were on their sides, though they were not damaged or leaking. MacRae said police evacuated a 2.5-kilometre radius around the derailment as a precaution, including some homes. The Transportation Safety Board will investigate, he added.

Last month, three cars from a train carrying steel plates derailed on the same railway in downtown New Glasgow. No one was hurt. THE CANADIAN PRESS

Halifax Police. Dozens charged with impaired driving in May

Police in Halifax say a total 41 drivers were charged with impaired driving in May, including one person who was more than five times the legal limit.

Of the drivers charged, six were ticketed for operating a vehicle after drinking.

Among those charged, 10 were identified following crashes and 21 people were caught through traffic stops. PHILIP CROUCHER/METRO



Swimming, swimming, in the swimming pool

Emersen Pierce, 5, gets fitted with a life-jacket by Katelyn Boudreau at the Captain William Spry Community Centre on Monday during a Canadian Red Cross and Child Safety Link demonstration on water safety. Parents are encouraged to actively supervise their children while they're near any water, and should always be within an arm's length. The Red Cross says 80 per cent of fatalities in backyard pools occur when there is no supervision and four in 10 kids also drown in water less than one metre deep. JEFF HARPER/METRO

Dartmouth

Motorcyclist crashes into pole after failing to stop for police

Halifax police have launched an investigation after a motorcyclist crashed into a pole in Dartmouth on Monday after failing to pull over for an officer.

The driver was travelling on Hartlen Street when a police officer attempted to stop the motorcycle for a motor vehicle act infraction at 10:55 a.m.

Police say the driver didn't stop, but continued to drive onto Tacoma Drive where the motorcycle stuck a pole.

The man was taken to hospital by paramedics to be treated for non-life-threatening injuries.

The Nova Scotia Serious Incident Response Team has been called in to investigate as the crash happened while police were attempting to have the vehicle pull over. METRO





Canada is 'frank' on climate change issue, Harper says

Reducing emissions. PM says he wants to deal with the problem without hurting the economy

Prime Minister Stephen Harper says there's not a country in the world that would take action on climate change at the expense of its own economy — no matter what it might say.

Canada wants to deal with climate change without crippling the economy, he said Monday at a news conference with Australian Prime Minister Tony Abbott.

"And, frankly, every single country in the world, this is their position," Harper said. "No country is going to undertake actions on climate change, no matter what they say ... that is going to deliberately destroy jobs and growth in their country.

"We are just a little more frank about that, but that is the approach that every country is seeking."

Abbott, who is in Ottawa on an official visit, said every country should do what it thinks is best to deal with climate change.

"We think that climate change is a significant problem. It's not the only or even the most important that the world faces, but it is a significant problem," he said.

"It's important that every country should take the action that it thinks is best to reduce emissions, because we should rest lightly on the planet."

Abbott added he is "encouraged" by regulations introduced in the United States last week to chop carbon emissions from U.S. power plants by 30 per cent by 2030.

Harper says Canada has actually done more to lower carbon emissions in its electricity sector than the U.S.

"The measures outlined by President Obama, as important as they are, do not go nearly as far in the electricity sector as the actions Canada has already taken ahead of the United States in that particular sector," he said.

American approval of the Keystone XL pipeline, designed to move Alberta crude to the Gulf Coast, has been stalled while the Obama administration drops hints that Canada must do more on the environment.

THE CANADIAN PRESS

Canada defended

President Barack Obama has introduced regulations to chop carbon emissions from U.S. power plants by 30 per cent by 2030.

- Stephen Harper says Canada has already done more to lower carbon emissions in its electricity sector than the U.S.



Prime Minister Stephen Harper meets Australian Prime Minister Tony Abbott at the prime minister's residence at 24 Sussex Drive in Ottawa Monday. ADRIAN WYLD/THE CANADIAN PRESS

Seven men arrested for sexual assault on teen in Tahrir Square

A string of sexual assaults on women during celebrations of Egypt's presidential inauguration — including a mass attack on a 19-year-old student who was stripped in Cairo's Tahrir Square — prompted outrage Monday as a video emerged purportedly showing the teenager, bloodied and naked, surrounded by dozens of men.

Seven men were arrested in connection with the assault and police were investigating 27 other complaints of sexual harassment against women during Sunday's rallies by tens of thousands of people celebrating Abdel-Fattah el-Sissi's inauguration late into the night, officials said.

Sexual violence has increasingly plagued large gatherings during the past three years of turmoil following the 2011 uprising that ousted autocrat Hosni Mubarak, and women's groups complained Monday that tough new laws have not done enough.

Twenty-nine women's rights groups released a joint statement accusing the government of failing to do enough to address the spiralling outbreak of mob attacks on women.

The groups said they had documented more than 250 cases of "mass sexual rape and mass sexual assaults" from November 2012 to January 2014.

Last week, authorities issued a decree declaring sexual harassment a crime punishable by up to five years in prison. The decree amended Egypt's current laws on abuse, which did not criminalize sexual harassment and only vaguely referred to such offences as "indecent assault."

Sexual harassment has been one of Egypt's enduring social ills, embedded in the country's patriarchal conservative culture, where women are seen as inferior to men.

Sexual assaults have increased dramatically in ferocity and in number in the three years since Mubarak's ouster, with Tahrir Square, birthplace of the 2011 uprising, the site of multiple sexual attacks on women amid the large crowds.

THE ASSOCIATED PRESS



Supporters celebrate the inauguration of Egyptian President Abdel-Fattah el-Sissi in Tahrir Square in Cairo Sunday. Seven men were later arrested for sexually assaulting a student. THOMAS HARTWELL/THE ASSOCIATED PRESS

Prostitution. Canadians favour crackdown on sex trade, prime minister says

The Conservatives are cracking down on johns and pimps because legalizing their activities would be unacceptable to Canadians, says Prime Minister Stephen Harper.

In defending new government legislation on prostitution, Harper said Monday that activities related to the sex trade are outlawed because they are harmful to women and society in general.

"They are not harmful because they are illegal," Harper said. "They are illegal because they are harmful."

Legislation introduced this month would, if passed, criminalize the purchase of sexual services, take aim at those who benefit from prostitution and outlaw the sale of sex near places where children gather.

Some critics say the proposed law does not adequately protect women, failing to meet the Supreme Court's primary concern.

THE CANADIAN PRESS

Boko Haram

Group suspected in kidnapping

Suspected Boko Haram gunmen have reportedly kidnapped 20 women from a nomadic settlement in northeast Nigeria near the town of Chibok, where the Islamic militants abducted more than 300 schoolgirls and young women on April 15.

Alhaji Tar, a member of the vigilante groups set up to resist Boko Haram's attacks, said the men arrived at noon Thursday in the Garkin Fulani settlement and forced the women to enter their vehicles at gunpoint. He says they drove away to an unknown location in Borno state. THE ASSOCIATED PRESS

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ALL EYES ON BRAZIL

Two more days until the 2014 FIFA World Cup starts. Metro has you covered with the latest.

Something new afoot

Shoe companies unveil new products

Nike, Adidas, Puma and other shoemakers are all trotting out new and innovative looks for this summer's World Cup. Shoe deals are part of the game for every star, and even some average players. Cristiano Ronaldo wears Nike. Lionel Messi wears Adidas. Puma and Mizuno have their own athletes. Here are five things to know about the boots on the ground in Brazil:

1 **What the heck?** Puma is pushing the envelope by putting its athletes in one pink shoe and one blue shoe. Apparently, this will make it easier to tell which foot that player is using to deliver the goals: Pink is right and blue is left. Look for Spain's Cesc Fabregas and Italy's Mario Balotelli in the boots.

2 **Shoes or socks?** Nike's statement for the World Cup is its new Magista and Mercurial soccer boots that use the company's fly-knit technology, which basically looks like cleats attached to a pair of socks. Cristiano Ronaldo is going to be wearing the Mercurial Superfly, a high-top version with a cool name.

3 **Adidas goes retro.** Adidas is offering the back-and-white Battle Pack collection of four different cleats. The only pop of colour is the trademark three stripes in neon orange. An exception was made for Messi, who gets the star treatment with his own design and a bit of added Argentina blue on his F50s.

4 **Golden boot.** The top goal scorer at the World Cup receives the Golden Boot award. But at least one player will already have his golden boots: Mizuno has designed special gold-and-black Wave Ignitus 3s for Keisuke Honda of Japan. It's only fitting for a player whose nickname is "Emperor Keisuke."

5 **Shine a light.** Ecuador goalkeeper Maximo Banguera will be wearing Lotto Solista boots that have a special skin that reflects light, which the Italian shoemaker claims causes the shoes to "glow" in direct sunshine or under bright lights. We'll let you be the judge. There are a number of YouTube videos demonstrating the effect.



Spain's Andres Iniesta is seen wearing his Nike Magista cleats during an exhibition soccer game. LIUS M. ALVAREZ/THE ASSOCIATED PRESS



World Cup fever is hot, so hit the beach to cool down!

People play with a soccer ball on Ipanema beach on Monday in Rio de Janeiro, Brazil. From souvenir hunting to autographs to trying some underwater kicks, revellers in Brazil have been preparing for the World Cup, which starts on Thursday and runs through July 13. Scan the photo with your Metro News app to see a photo gallery of the scene in Brazil. JOE RAEDLE/GETTY IMAGES

Transport chaos. Subway workers' strike threatens travel to World Cup games

Brazilian police and striking subway workers clashed Monday in a central Sao Paulo commuter station, with union officials threatening to maintain the work stoppage through the World Cup opening match here this week.

The threat came despite a Brazilian labour court ruling on Sunday the strike is illegal.

Authorities are deeply worried about the strike because the subway is the main means of transportation for World Cup fans who will attend Thursday's opening match when Brazil takes on Croatia.

The stadium is about 20 kilometres east of central Sao Paulo, where most tourists stay.

Earlier Monday, riot police firing tear gas forced about 100 striking workers out of the station as the strike threw Sao Paulo's normally congested traffic into chaos for a fifth day. About half of the city's subway stations were operating, but with greatly diminished service.

"This is the way they negotiate, with tear gas and repression," said Alexandre Roland, a union leader.

The standoff with the Sao Paulo transport workers is the latest unrest to hit Brazil in the run-up to the World Cup.

Teachers remain on strike in Rio de Janeiro and routinely rally and block streets. Police in several cities have gone on strike, but are back at work now. THE ASSOCIATED PRESS



Commuters wait to transfer to an open metro station during a tangled morning commute on Monday in Sao Paulo, Brazil. MARIO TAMA/GETTY IMAGES

Get more than a post-workout glow with GOODcoins

Virtual currency. Get moving to earn rewards with this new program



SCOTT TAYLOR
Metro in London, Ont.

You've heard of bitcoins.

Well, now London, Ont., is digging into another form of virtual currency designed to get people walking the walk and pedalling the bike to a healthier lifestyle.

Those who do will be rewarded with GOODcoins, which can be used to buy a number of environment-friendly goods and services such as solar lights, compost bins, organic bedding, food and more.

It's easy to do.

Adding it up

15

GOODcoins can be accumulated by participating in one or more campaigns in London, Ont., including walking for 15 minutes a day for 15 days or pedalling for 300 minutes in a month.

Residents of the southwestern Ontario city can sign up online at London.GoodCoins.ca and download the app to any iPhone or Android — they're working on a BlackBerry version but aren't there yet. As long as your phone is with you, every step taken or pedal pushed will be recorded.

"This is a different kind of rewards program," said Jay Stanford, the city's director of environment, fleet and solid waste. "It's the new kid on the block, and it has a completely different vision."

The program is being offered through Zerofootprint Software, which has a mission to reward positive behaviour and healthy choices. GOODcoins, described as "evidence-based rewards currency," are being used in places from P.E.I. to Vancouver. The company itself is based in New York and Toronto.

Zerofootprint CEO Dr. Ron Dembo said London is "the poster-child city for launching programs like this."

Coins can also be accumulated by reducing energy consumption, completing surveys and inviting friends to join.



From corsets to the Wonderbra

This image released by the Museum at the Fashion Institute of Technology (FIT) in New York shows a 1770s European silk corset. From the corset to a 2014 bra-and-panty set in stretch silk, the Museum at FIT has taken on lingerie and ladies' foundation garments as the focus of a new exhibit. In about 70 pieces, Exposed: A History of Lingerie touches on the mechanics, marketing and cultural touchstones that have not only shaped women, but also shaped culture worldwide. The exhibition runs through Nov. 15.

EILEEN COSTA/THE MUSEUM AT FIT/THE ASSOCIATED PRESS

Equifax

Demand for credit rising out West

Credit monitoring agency Equifax says demand for credit has increased for four consecutive quarters in Western Canada, while demand in the Eastern provinces continues to slow.

Equifax says first-quarter statistics show that consumers' overall debt, including mortgages, remains high at around $1.4 trillion, up from $1.33 trillion in the same period last year.

THE CANADIAN PRESS

Market Minute

DOLLAR 91.68¢ (+0.19¢)

TSX 14,871.21 (+32.31)

OIL $104.41 US (+$1.75)

GOLD $1,253.90 US (+$1.40)

Natural gas: $4.63 US (-$0.08)
Dow Jones: 16,943.10 (+18.82)

Toxic water ruling could block others from suing

The U.S. Supreme Court ruled Monday that a group of homeowners in North Carolina can't sue a company that contaminated their drinking water decades ago because a state deadline has lapsed, a decision that could prevent thousands of other property owners in similar cases from recovering damages after being exposed to toxic waste.

In a 7-2 decision, the justices said state law strictly bars any lawsuit brought more than 10 years after the contamination occurred — even if residents did not realize their water was polluted until years later.

The high court reversed a lower court ruling that said federal environmental laws should trump the state law and allow the lawsuit against electronics manufacturer CTS Corp. to proceed.

The decision is a setback for the families of several thousand former North Carolina-based Marines suing the federal government in a separate case for exposing them to contaminated drinking water over several decades at Camp Lejeune. The government is relying on the same state law to avoid liability.

THE ASSOCIATED PRESS

2013 Hfx No. 418231

SUPREME COURT OF NOVA SCOTIA

BETWEEN:

THE TORONTO-DOMINION BANK — PLAINTIFF

- and -

CECIL ROY MACLEOD AND STACIE MARIE MACLEOD — DEFENDANTS

NOTICE OF PUBLIC AUCTION

TO BE SOLD AT PUBLIC AUCTION pursuant to an Order for Foreclosure, Sale and Possession granted by the Court, unless before the time of sale the amount due to the plaintiff on the mortgage foreclosed, plus costs to be taxed, are paid:

PROPERTY:

ALL that certain lot, piece of parcel of land situate, lying and being in Halifax County, Nova Scotia, and known as Civic No. 81 Bayview Road, Halifax, Nova Scotia, property identification number 00294462 and described in a Mortgage dated November 10, 2011 and registered at the Halifax County Land Registration Office as Document No. 99602550.

Subject to an easement in favour of Maritime Telegraph & Telephone Company Limited registered November 29, 1966 in Book 2148, at Page 62 as Document No. 27213.

This property has been migrated pursuant to the *Land Registration Act*.

A copy of the description of the property, as contained in the mortgage foreclosed, is on file at the Sheriff's office and may be inspected during business hours.

Date of Sale: Thursday, July 3, 2014
Time of Sale: 12:30 p.m.
Place of Sale: Halifax Justice Centre, 1815 Upper Water Street, Halifax, Nova Scotia
Terms: 10% deposit (payable by cash, certified cheque or Solicitor's trust cheque) at the time of sale, remainder within 15 days upon delivery of deed.

DATED at Halifax, Nova Scotia, the 2nd day of June, 2014.

Aaron Ward
Wickwire Holm
Barristers and Solicitors
2100-1801 Hollis Street
Halifax, Nova Scotia B3J 2X6

ALLAN COLEY
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STAY WELL

easy ways to help you live well



These tips and tricks are already at your fingertips, easily within reach. Staying healthy has never been so easy!

1 Get the oral health-care supplies you want

Not every toothbrush is created equal. "Electric brushes remove two times the plaque compared to regular manual brushes," says Dr. Janet Tamo, who has practiced dentistry for more than 25 years. Visit the oral health-care section of your local grocery store to find models of Oral-B power brushes, the Crest Pro Health line, and other related products.

To ensure these products are right for you, read and follow the labels. Crest® Pro-Health Toothpaste fights cavities, plaque, tartar and gingivitis, and treats tooth sensitivity.





2 Treat your skin

A winter spent indoors can leave you with dry, scaly skin. Olay Regenerist Micro-Sculpting Cream reduces the appearance of lines and boosts hydration and brightness within 10 minutes of use.

3 The facts about daylight saving time

Turning the clock forward each spring can affect sleep patterns and lead to occasional sleeplessness. ZzzQuil contains diphenhydramine HCl, a compound that helps you fall asleep and sleep soundly so you wake refreshed.

To ensure this product is right for you, always read and follow the label.



4 Take care of your digestive tract



A daily dietary supplement such as Align Probiotic Supplement helps bring peace to your digestive system with healthy bacteria that helps provide ongoing relief of IBS symptoms such as abdominal discomfort, gas, and bloating.

To ensure this product is right for you, always read and follow the label.

5 Rid yourself of germs—easily

Crest Pro-Health Multi-Protection Rinse can rid your mouth of millions of germs and it's an effective way to fight gingivitis.

To ensure this product is right for you, always read and follow the label.

6 Stay comfortable

Always Infinity is a girl's best friend when she wants to feel fresh and dry during her period. You owe it to yourself to feel good all the time.

7 Boost your confidence

Whitening your teeth is one way of feeling more self-assured. Swing by the oral health-care section of your local grocery store and pick up Crest 3D White Whitestrips to get more confident about your appearance.



8 Increase your fibre intake

If you're not getting enough fibre from your veggies, try a fibre-rich drink. The fibre in Metamucil helps lower cholesterol levels* to promote heart health. Consider mixing a dose of Metamucil with water for a tasty drink—it'll add psyllium fibre to your diet.

***Lowers mildly to moderately elevated cholesterol levels when taken with a low fat diet. To ensure this product is right for you, always read and follow the label.**

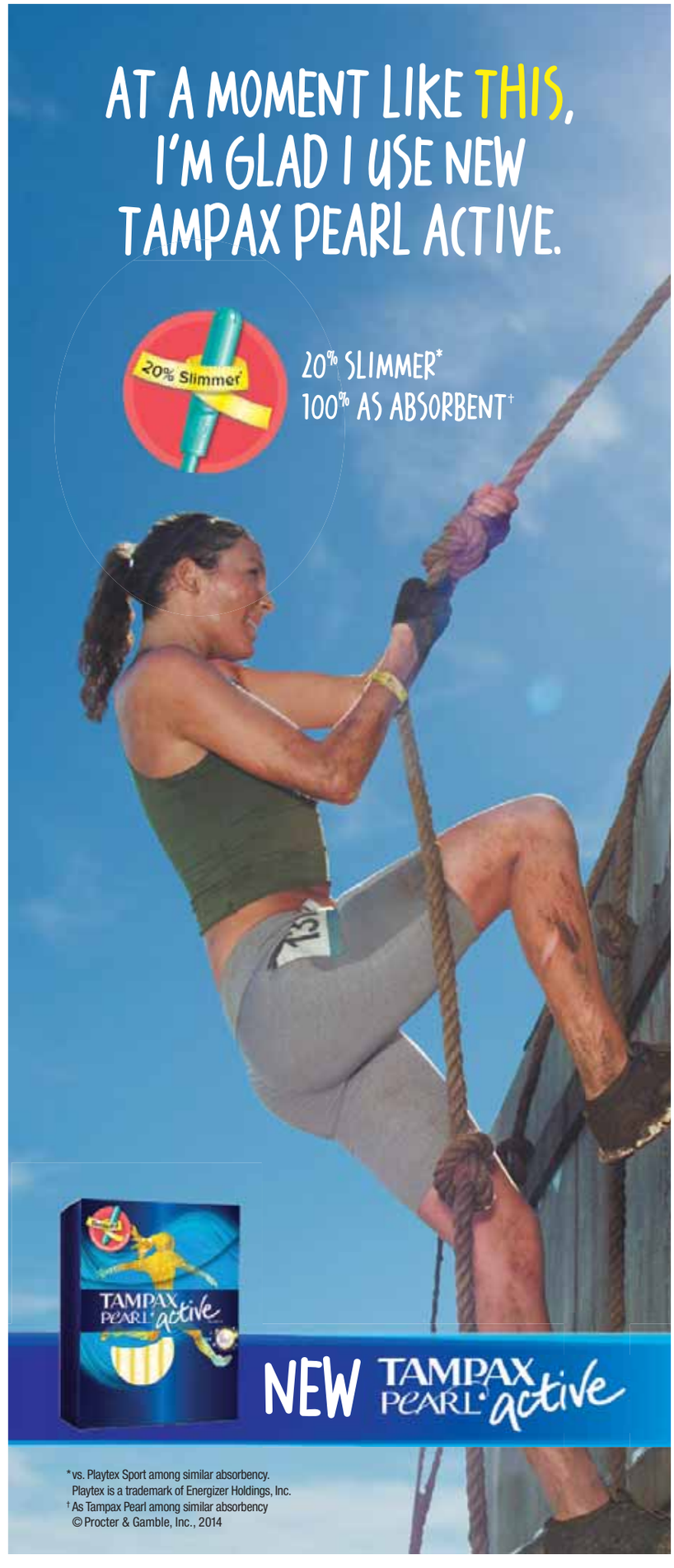


9 Get aerobic exercise

According to a study in the *American Journal of Preventive Medicine*, engaging in aerobic activity for two and a half hours every week (walking and cycling count!) can add an average of three years to your life. And remember, using Tampax Pearl Active will help you stick to your workout routine even when you're on your period.

GO ONLINE FOR MORE HELPFUL TIPS

Need more bright ideas to help you spring forward to a healthier you? Go to staywellmom.ca for tons of tips that are perfect for busy moms.



RIGHT TO BARE ARMS NOT ABOUT GENDER



SHE SAYS

Jessica Napier
metronews.ca

As temperatures increase, so do the number of dress-code-related suspensions at schools across the country. About 30 students from Menihek High School in Labrador City, N.L., were sent home recently for wearing sleeveless shirts. One U.S. school even went so far as to digitally alter their yearbook photos — adding necklines and lengthening sleeves — in order to bring female students in line with its conservative dress code.

Angry teens and parents are speaking out against school administrations and their body-shaming clothing guidelines that demand young girls cover up so that their male schoolmates don't get "distracted" from their chemistry lesson. Personally I think we're kidding ourselves if we believe any teenage boy with Internet access would lose his mind over a bare collarbone or a visible bra strap.

Dress codes disproportionately affect female students; apparel designed for teenage girls is more revealing, and thus it's more likely to fall under a school's provisions about exposed midriffs and thighs. But if schools want to enforce mandatory clothing guidelines, they shouldn't do so in the name of oppressing sexuality and regulating male hormones. We need to take sex out of the equation and instead teach young girls AND boys about dressing appropriately.

Quebec student Lindsey Stocker is just one of many teenagers making headlines for violating her school's dress code. The Grade 11 student was suspended last month for wearing a pair of jean shorts that failed to pass the "fingertip" test. Stocker claims she was forced to stand up in front of her entire class with her arms by her side to determine whether her cut-offs were long enough to extend beyond her fingertips. They weren't.

Not only is this hemline examination embarrassing for students, it's also inherently flawed since it depends entirely on the individual's own body type. And let's face it — most of the shorts currently on sale at mainstream retailers aren't long enough to pass the fingertip test.

Adolescence is a confusing period of self-discovery and pushing boundaries. Pop culture and trendy fashion designers encourage young girls to show off their bodies while their parents and educational institutions are telling them to cover up.

School administrators need to have more tact when dealing with dress code violations rather than shaming offenders in the middle of a classroom full of their peers. Policing female bodies in order to preserve puritanical concerns of modesty is problematic. If schools insist on implementing rules on what not to wear, the rules shouldn't be about regulating sexuality; rather, dress codes should be designed to prepare students for life after graduation.

Young men and women should be encouraged to express their individuality, but they also need to understand the expectations of real-world employers. It's hardly a draconian measure to ask teens to reserve their beachwear for the weekends and cover up in the classroom. Especially when you consider some careers demand strict uniforms while most other jobs require a certain level of professional dress.

Sorry, kids, your future boss isn't going to care about your right to bare arms.

ZOOM

Willy Wonka would be proud



The Edible Mist Machines are available for hire. Inventor Charlie Harry Francis says: "It's interesting to see how clients are using them. We've had bookings for minty palate cleansers, double-flavour hits — strawberries and cream, bacon and chocolate — then clients who want to completely flavour-theme their event with multiple fun fair flavours like cotton candy, toffee apple and popcorn." COURTESY DAN REGAN/REX FEATURES

Charlie and the Edible Mist Machine

A British inventor has created a mist-ifying machine that allows you to inhale tastes including chocolate, apple pie, smoked bacon and even lobster.

The Edible Mist Machine produces delicious edible vapour in a range of more than 200 flavours. It is the brainchild of Charlie Harry Francis, founder of experimental food inventors Lick Me I'm Delicious. METRO

Glow-in-the-dark, Viagra, and other frozen treats

Francis's other claim to culinary fame has been experimental ice cream, including The Arousal, a dessert laced with Viagra designed to be man's ideal "pick-me-up."

In a recent Metro interview, Francis said: "Viagra is the funniest, but the oddest was the glow-in-the-dark ice cream because it uses jellyfish luminescence." METRO

Quoted



"It's a pretty fun machine; the range of flavours is massive and it's zero calories."

Charlie Harry Francis, 29, founder of experimental food inventors Lick Me I'm Delicious

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In this issue, you can find AR enhancements on page 10 in News, pages 15 and 16 in Scene and page 22 in Sports

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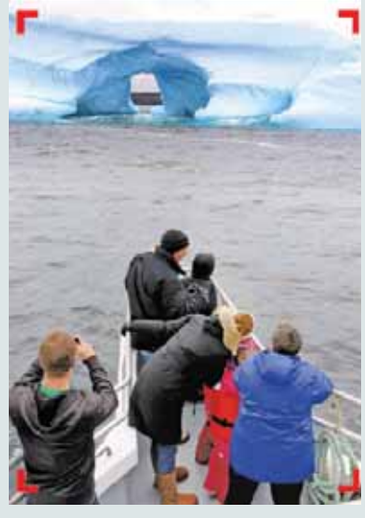
Best of the bumper crop



ANDREW FIFIELD
andrew.fifield@metronews.ca

The coast of Newfoundland is, to use the local parlance, "maggoty" with icebergs this year. And this arched behemoth off Cape Spear is probably the most famous of this year's bumper crop.

Not content with the standard boat tourism, this light aircraft pilot decided to treat himself — and us — to a flyby of the famous berg. Then, seemingly non-content with a flyby, he decides to take things up a notch. (Via bendavis555/YouTube)



THE CANADIAN PRESS FILE

metro

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Scan this photo with your Metro News app to view The Sacrament trailer

DVD review



Alan Partridge

Director. Declan Lowney

Stars. Steve Coogan, Colm Meaney, Tim Key, Felicity Montagu

This is Steve Coogan's big-screen version of his doofus DJ character, Alan Partridge, a comedy mainstay for BBC radio and TV. Happily for Coogan and for us, the humour translates perfectly on this side of the pond.

Oblivious to his own buffoonery, Partridge is like a British version of Ron Burgundy from the Anchorman movies.

This is smart-dumb comedy, with the main story working an idea that audiences anywhere can get: the fear of change. Norfolk Digital Radio has just been bought out by a conglomerate that is bent on doing a complete makeover, with a new station name and, of course, staff downsizings.

The 50-something Partridge isn't too dense to realize he could soon be among the pink-slipped. He sneakily moves to protect his own rump by engineering the sacking of colleague Pat Farrell (Colm Meaney).

PETER HOWELL

Swanberg comes out from behind the lens

Sort of. The multi-talented actor/director plays a cameraman in Ti West's latest creepy cult thriller, The Sacrament



NED EHRBAR
Metro World News in Hollywood

Indie filmmaker Joe Swanberg has a habit of turning up as an actor in friends' films — like The Sacrament, Ti West's found-footage thriller about a Vice reporting crew getting in over their heads at a remote Jonestown-like encampment. Of course, Swanberg spends most of the film manning a camera, so it wasn't that much of a stretch.

You're playing a cameraman in this, and it's a "found footage" film. Did you actually do any of the camera work yourself?
I did, yeah. There were just certain situations that required that because the camera was going to have to spin around and just see the whole room. Ti and I basically traded off operating duties. It was an interesting challenge because I was either performing with the camera on my shoulder, or what was even weirder was performing standing behind Ti who had the camera on his shoulder and sort of pretending to be there. It took a little bit to wrap my head around it.



Joe Swanberg says he mostly ends up acting in his friends' films. GETTY IMAGES

Had you come across any cultish types of things like this before?
Not really, but I was fascinated with Jonestown. When Ti first called me about the movie, I had already seen a ton of documentaries about Jonestown and read a lot about Peoples Temple, so it was a story that was already really intriguing to me.

How do you balance acting and pursuing your own filmmaking goals?
I've been pretty busy as a director the last year. But I really like to act, so I hope it's something that I'll be able to keep doing. I don't know, I think of myself as a director. The acting's always been more something that I really love to do but I haven't invested a lot of my energy into it, so it always comes down to just friends calling me and offering me parts in movies.

What was Jonestown?

In the late 1970s, cult leader Jim Jones moved several hundred members of his group, the Peoples Temple, from the U.S. to Jonestown, Guyana. When relatives raised concerns about their loved ones, a U.S. delegation visited the compound. It was during this visit that Jones spiked drinks with poison, killing himself and hundreds of his followers, including children.







Scan this image with your Metro News app to view the video for Hangover

Hair of the Snoop Dogg

Too much gin and juice? Korean YouTube phenom Psy teams up with lanky rapper for wacky hangover ode

Even Psy is over Gangnam Style. The ubiquitous 2012 hit is one Psy knows he will probably never top, and that makes creating new music quite a challenge.

"People always comparing my new thing with Gangnam Style, which is unbeatable," Psy said in a recent interview at YouTube Space L.A.

"That means I have a severe, heavy pressure on my shoulder ... In that way I don't like the song."

The bizarre, colourful video featuring the now-iconic horse gallop dance recently surpassed two billion views, a record for YouTube. The South Korean pop star also holds the record for most views in a day with 38 million for his Gangnam Style followup, Gentleman.

The 36-year-old, who was famous in Korea before Gangnam, remains humble about his relatively new international fame. He admitted he is just as thrilled and surprised as his fans when he's recognized on the street.

"If I'm walking out and no one's recognized me and no one is asking me about autograph or photograph, that's a tragedy," he said. "I should quit my job with that. So sometimes it's tired, yes, of course, but that's part of my job."

Psy decided switching genres would be his best bet for another hit with his latest single, so he teamed with Snoop Dogg on the hip-hop track Hangover. He said the American rapper signed on immediately after only hearing the song's title.

The Hangover video, which debuted Sunday on ABC's Jimmy Kimmel Live! and Psy's YouTube channel, serves as a lesson in Asian hangover remedies. "This video is not about dance moves, but it's about, like, culture exchanging," Psy said.

Psy signed with Justin Bieber's manager, Scooter Braun, after Gangnam's initial success. He said he appreciates Braun's guidance and impressive drinking abilities.

"He is the most strongest tolerance with alcohol among Americans," Psy said.

"Asians drink really hard and really mixing everything and really drinking hard every day. So literally I was kind of like unbeatable person with the alcohol before I meet Scooter."

Psy will return to his EDM roots on a new EP, due later this year. But this time he plans to include more English lyrics.

"All the people you know, except Korea, they don't have any idea what I'm saying right? They're just waiting for 'Hey, sexy lady,'" he said of an English lyric from Gangnam Style."I figured out like maybe from now on I should communicate more."

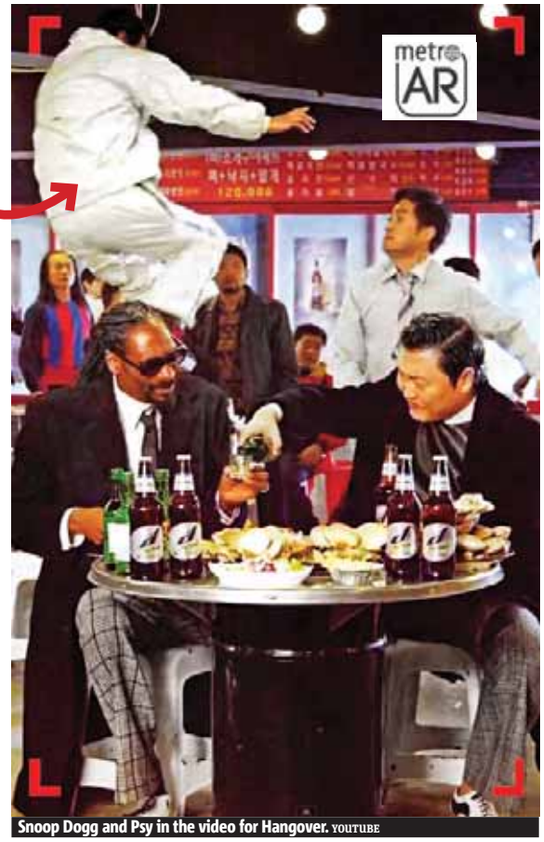
But for now he'll continue rapping in his native Korean based on his new manager's advice: "He saying, 'If you are rapping in English, we already have so many rappers who's way better than you. But if you rap in Korean, you're No. 1 in this country,' which is really smart."

THE ASSOCIATED PRESS

Boozin' culture

"Asians drink really hard and really mixing everything and really drinking hard every day. So literally I was kind of like unbeatable person with the alcohol before I meet Scooter."

Psy, Korean recording artist



Snoop Dogg and Psy in the video for Hangover. YOUTUBE

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Will Bryan Singer get the boot from the next X-Men film?

Bryan Singer's legal troubles didn't seem to have any negative impact on the box office for X-Men: Days of Future Past, but that doesn't mean he's in the clear just yet as far as professional fallout goes.

All the attention surrounding Singer — who is being sued for allegedly sexually assaulting a then-17-year-old boy in 1999 — could still cost him the directing job for the franchise's next film, X-Men: Age of Apocalypse, according to Radar Online.

"Fox isn't confident in it not heavily impacting production. Bryan's lawyers are going nuts because the deal was closed months ago," a source says, adding that the studio brass "don't really care whether he's innocent or guilty. They're only concerned with the bottom line, which is giving him another $250 million to $350 million US to make Apocalypse.

"There have been talks about who else he'd let direct it with him producing, but those led to heated arguments and walkouts. They're also looking at how far back they can push production without moving the release date, if any lawsuit did get a court date."

METRO WORLD NEWS



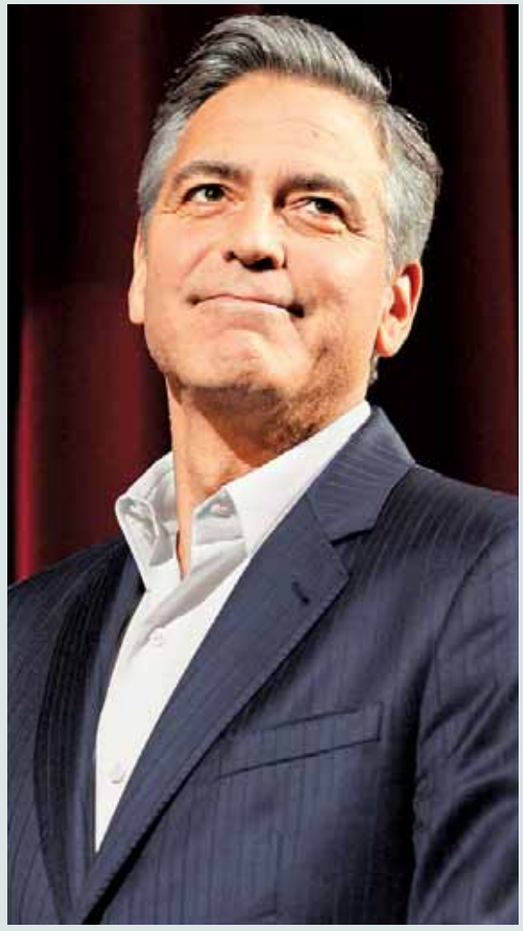
Bryan Singer

ALL PHOTOS GETTY IMAGES

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



George to wed in Venice, but exact plans still Up in the Air

MELINDA TAUB
Metro World News

If you want to crash the wedding of George Clooney and his fiancée, Amal Alamuddin (which of course you do), you might have to hijack a gondola to do it. The two are reportedly planning to wed in Venice.

The lovebirds were recently spotted in Venice touring potential wedding venues big enough to hold all of Ocean's 11. "George and Amal want to be married in Italy, but they need a location that offers them and their guests privacy," a source told Page Six.

As Clooney fans know, the star is already an Italian resident — he lives on Lake Como. However, he and Amal apparently decided his estate wasn't secure enough to withstand the media circus that will follow the wedding of the world's second most eligible bachelor (Prince Harry's probably No. 1 at this point).

Italy is becoming quite the hot spot for celebrity weddings — Kim Kardashian and Kanye West tied the knot in Forte di Belvedere in Florence last month, and as we all know, as Kim Kardashian goes, so goes George Clooney. He's really got to stop copying her so much.



Rachel McAdams

Don't worry, Gyllenhaalics, Rachel McAdams didn't steal your boyfriend

Jake Gyllenhaal and Rachel McAdams turned heads in Pittsburgh recently while out to dinner at local eatery Meat and Potatoes, according to E! News. The date immediately prompted tabloid speculation that a new Hollywood romance is in the works, but apparently everyone's getting ahead of themselves. It turns out McAdams and Gyllenhaal, who are in Pittsburgh to film their new movie, Southpaw, are just good friends and colleagues. For now, at least.

METRO WORLD NEWS

Alleged burglar caught at Sandra's L.A. home

Police say they arrested a burglar at the Los Angeles home of Sandra Bullock while the actress was there, but she wasn't harmed.

Los Angeles police spokeswoman Nuria Vanegas says officers responded to the call of a prowler around 6:30 a.m. Sunday and arrested 39-year-old Joshua Corbett on suspicion of residential burglary.

Bullock's publicist Cheryl Maisel acknowledged the burglary to People magazine and said Bullock is "unharmed and fine." THE ASSOCIATED PRESS



Sandra Bullock

Ducky

Domestic Short Hair



Two-year-old Ducky is a gorgeous smoky grey cat with tabby stripes on her legs, tail and chest who is curious about her current surroundings. Don't be fooled by her stern look: Ducky is a darling, sweet and calm kitty who delights in being petted and having her chin and forehead scratched. She is also patient… ready to reward you with love when you see past her apparent frowny face. Drop by to meet this lovely girl today to see what we mean for yourself.

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METRO IS A PROUD SUPPORTER OF ADOPT AN ANIMAL WITH THE SPCA

Putting her mettle to the pedals

Worthy cause. Danielle Berman uses her bike to ride away stigma about mental illness

AUSTEN GILLILAND
life@metronews.ca



Danielle Berman poses with her father's old bike. She will be starting and ending the ride on the bike. DAVE HEIDEBRECHT

Danielle Berman is about to set off on the ride of a lifetime.

As the organizer of Ride Away Stigma, Berman's bicycle journey will take her from Vancouver to Hamilton — almost 4,300 kilometres — in seven weeks. In that time, she will raise both money and awareness for mental health and suicide prevention, and help break down the stigma that surrounds mental illness.

She's been preparing for a year, organizing sponsorships and donations, speaking to students about mental health — all while bicycling 85 to 140 kilometres a day, six days a week. "It's basically a full-time job," says Berman, 27, who recently completed her master's degree in social work and is pursuing a career in psychotherapy.

Ride Away Stigma was inspired by her own struggles with depression and by her dad, Dr. Les Berman, a Hamilton-area respirologist who died by suicide in 1999.

Berman was a well-respected doctor and an enthusiastic cyclist. He passed his love of the sport along to his daughter. "He loved travelling and adventures," says Berman, who will ride her father's refurbished Cannondale bike as she sets off from Vancouver on July 15. "I thought the ride would be the perfect way to honour him."

Although he was never formally diagnosed with depression, Berman thinks his death was caused in part by the way that depression is stigmatized by society — and that it's likely her father felt he couldn't seek treatment without negative social and professional consequences. "It's important that we break down the stigma," she says, "so when people are struggling, they feel comfortable seeking help. That's why I wanted to focus on the stigma. I believe that's a huge part of why my dad didn't seek help."



Danielle as a child with her father, Dr. Les Berman, a well-respected doctor and enthusiastic cyclist, who committed suicide. CONTRIBUTED

Berman has planned her trip with the goal of maximizing exposure for her cause. "Because I will be on the road for so long," she says, "I'll be able to build momentum and reach as many people as I can." She has invited cyclists across the country to join her as she rides through their city this summer.

By the time she arrives in Hamilton on Sept. 7, Berman hopes to have raised $60,000. Two-thirds of the proceeds will benefit the Suicide Prevention Community Council of Hamilton and St. Joseph's Healthcare Hamilton, organizations the Ancaster, Ont. woman chose because of the local connection.

"I also thought it was important to do something that can positively affect all of Canada," she says, so the final third of the funds will go to the Canadian Association for Suicide Prevention, chosen to reflect the cross-country nature of her trip — and because mental health is something that concerns all Canadians.

"At the end of the day, this ride isn't about me," she says, emphasizing that defeating the stigma that surrounds mental health issues will take more than just one woman on a bicycle. "We need to do this together to make a difference. It's all of us together."

Get involved

For more information about the ride, or to donate, visit rideawaystigma.com.

Quoted

"We need to do this together to make a difference. It's all of us together."

Danielle Berman, organizer of Ride Away Stigma





Sardines are the perfect small fry

Gone fishin'

Smallest fish are the most delish — and the healthiest



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

The higher up the fishy food chain you go, the more impact you have on our oceans' fish stocks. One large tuna or swordfish had to eat thousands of smaller fishes over its lifetime, and even more were used as bait to catch it. To boot, the longer that large fish has lived, the more mercury, PCB, lead and other pollutants it has accumulated. (You then get to carry those pollutants around in your body, to your detriment.)

All this means is that the healthiest fish for us (and for the planet) are the smaller fish.

Some of these small fish include delicious species like herring and sardines. Both weigh in with as much, if not more, omega-3 as salmon and are cheap and plentiful.

The bonus of eating these fish is that it helps to create a more sustainable fishing industry and healthier oceans. Aren't you the chicest dinner party/brunch thrower?!

Cooking these couldn't be simpler or quicker. They really are a three-minute miracle.



THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIEND-INFOOD.COM

Barbecued Small Fish.

Quick and easy to prepare, tiny fish with capers and lemon bake up delicate and sweet

This recipe uses smelts, herring or sardines. You may need to go to a fish market to find them, but it's worth the effort as their sweet, delicate meat cooks in mere minutes.

Purchase cleaned fish. Eating them is easy: Slide your fork over one side to pull off the flesh and expose the skeleton, which can be lifted away whole.



This recipe makes four servings. THERESA ALBERT

Ingredients

- 1 to 1 1/2 lb small fish
- 1 lemon, sliced
- 2 tbsp capers
- 1/4 cup fresh dill (or 1 tbsp dried)
- 4-6 dashes hot sauce

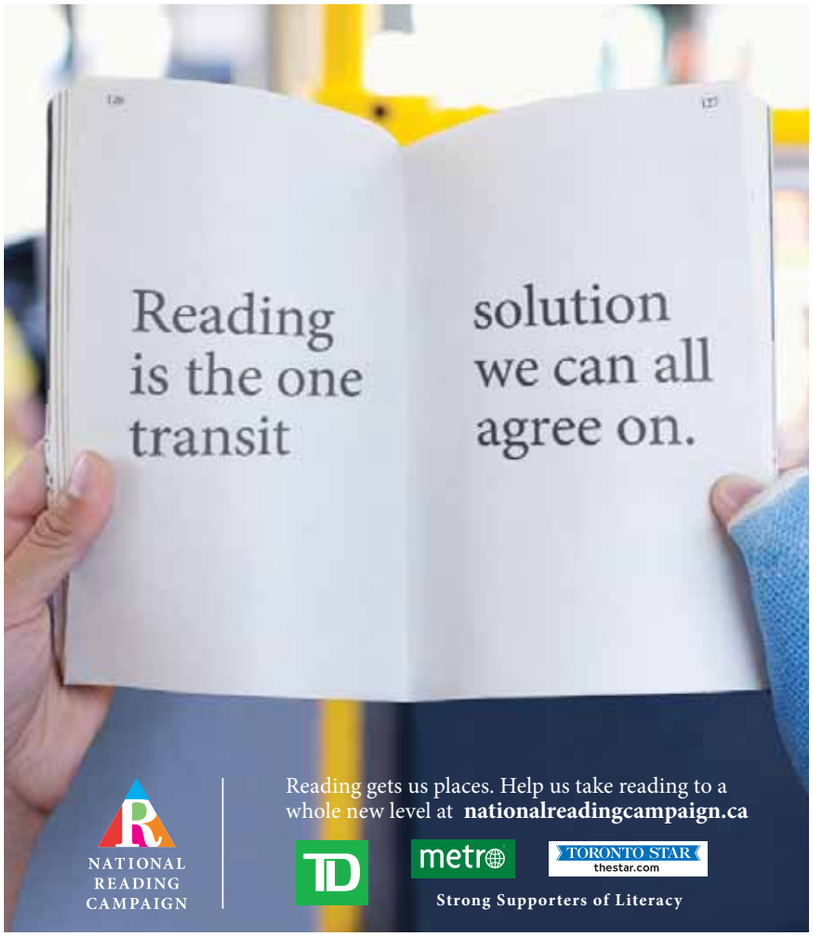
Directions

1. Place fish into a glass casserole dish or lasagna pan.
2. Slice lemons very thinly and lay on top of fish.
3. Sprinkle capers and dill over fish and splash with hot sauce.
4. Bake in 425F oven or on barbecue for 6-8 minutes.
5. Season at the table with sea salt and pepper.

FLASH FOOD



From your fridge to your table in 30 minutes or less





Help care for others with CAT


CONTRIBUTED

Losing both of her parents to cancer so young changed Kim Taylor's life completely.

After losing her mother to ovarian cancer six years ago, she immediately decided to live every day to its fullest.

"I decided I wanted to work in health care in some capacity because I am very able and others are not," Taylor says.

This is when she decided to enrol in the continuing care assistant (CCA) program at the Centre for Health Studies (Centre for Arts and Technology, CAT).

This 39-week program trains individuals to provide personal care and support services to others of all ages.

"The CCA program is very thorough," Taylor says.

The best part of Taylor's new career is knowing what she does makes a difference.

"I like the families to know that their loved one is being respected and cared for," Taylor says.

Through a partnership with Northwood, Taylor received a bursary to attend this program and after completing the course, she received a job with them as well.

Northwood is offering CCA tuition bursaries to selected students enrolling in the July CCA class.

Northwood guarantees employment following the course in exchange for agreeing to work with it for one year.

For more information, visit techealthstudies.net/continuing-care-assistant.

PLAY A KEY ROLE IN LEGAL MATTERS AS A PARALEGAL

STUDY AT MARITIME BUSINESS COLLEGE


CONTRIBUTED

The legal profession is a dynamic and growing sector that needs employees with the most up-to-the-minute skills and education.

Paralegals are a vital element to any legal team who are well-respected for their knowledge of legal documentation and procedures.

"Our paralegal diploma program teaches a combination of administrative skills with specific paralegal training," says Janice Currie, director, Maritime Business College (MBC).

MBC paralegal diploma program students are trained in Internet and core computing, and study day-to-day administrative skills like advanced keyboarding and business communications.

Study of the law and legal processes includes an introduction to the Canadian court system, including elements of corporate law, family law, real estate, criminal law, and litigation.

"As a paralegal, you'll cover a wide range of legal matters," Currie says. "They identify precedent and play a key role in assisting lawyers to prepare for examinations for discoveries, settlement hearings and trials. In fact, they are a key part of the legal process."

Curries says that client demands, economic necessity and explosive growth have made paralegals a popular career choice and is one of the hottest non-lawyer jobs in the legal industry.

The MBC paralegal program can be completed in just one year.

For more information, please visit maritimebusinesscollege.ca.







SHUTTERSTOCK

TRAIN TO BE A VETERINARIAN

Even though Alannah Smith held the right qualifications to get a job in the field for which she had trained, she was unable to land a job for two years after graduation.

To get herself out of the house and make use of her time in a positive way, Smith began volunteering at the SPCA, where she found her true passion. "At the SPCA I realized that working with animals is what I wanted to do for the rest of my life," she says.

With this new goal in mind, Smith enrolled in the veterinary hospital assistant program at the Centre for Health Studies (Centre for Arts and Technology, CAT).

"This program is designed for students who want to learn hands-on with instructors who are active in the field," Smith says. "It is also for the animal lovers who want to make sure all pets are well taken care of and educate pet owners on how to keep their pets safe."

The veterinary hospital assistant program is a 36-week, hands-on program that trains students to be successful in an animal care environment.

"Overall, I am very happy with CAT and would definitely recommend this school to anyone who is interested in this program," says Smith.

For more information, please visit techealthstudies.net/veterinary-hospital-assistant.

Various opportunities

Success College prepares students for rewarding careers



CONTRIBUTED

One of Success College's core strengths is preparing students for a rewarding career in medical and dental office administration.

"Graduates of the medical and dental office administration program enter the professional world with confidence, knowing they have the general business and practical medical assisting training they need to pursue a wide variety of career opportunities," says Janice Currie, director of Success College.

"Health care is also a growing industry, creating many specialized jobs for future graduates with the right skill sets."

Professional medical/dental administration professionals may find work in a variety of interesting health-care environments, including physicians' or general practitioners' offices, hospitals, physiotherapist offices, specialist's offices, dental offices, and dental labs.

"Our graduates pursue satisfying, rewarding careers that impact their lives and the lives of others," Currie says. "Plus, as a successful graduate of this program, you'll have the business administration skills to confidently assist executives in a wide variety of general office environments."

Since 1893, Success College has been training graduates to excel in their chosen profession through hands-on, practical experience.

"With over 100 years of experience behind us, we're confident that our model of career education has evolved to offer the optimal combination of classroom instruction, practical hands-on learning and on-the-job experience," Currie says.

For more, visit successcollege.ca.







The Rangers' Benoit Pouliot collides with Kings goalie Jonathan Quick during Game 3 of the Stanley Cup final on Monday in New York. PAUL BERESWILL/GETTY IMAGES

Kings close in on cup after crushing Rangers

Stanley Cup final. L.A. takes 3-0 lead in series after Quick shuts out N.Y. in its own house

Game 3

Kings	Rangers
3	0

This Stanley Cup final is beginning to look like a Quick series.

Thanks to 32 saves from goaltender Jonathan Quick, the Los Angeles Kings beat the New York Rangers 3-0 in Game 3 Monday night to take a commanding three games to none lead and move within one victory of hoisting the cup.

"He was our cornerstone," Kings winger Marian Gaborik said of Quick. "Our penalty kill was great and he was our best penalty-killer."

Quick was masterful in his poise and in his reflexes to record his second shutout of these playoffs and the ninth of his NHL career in the post-season. The native of nearby Milford, Conn., who grew up a Rangers fan, managed to do it in his first game at Madison Square Garden, which made it even more memorable.

"He's always our backbone," Kings defenceman Drew Doughty said.

To supplement Quick, the Kings got goals from Jeff Carter, Jake Muzzin and Mike Richards and were in control all night despite being outshot 32-15. New York goaltender Henrik Lundqvist stopped 12 shots, but he couldn't do anything about his counterpart following the lead of his childhood idol, Mike Richter, who helped the Rangers win the cup 20 years ago.

Complete with the memory of Game's 1 and 2 — both overtime losses — the Rangers reflected confidence despite their series deficit. Pre-game festivities included a motivational montage featuring Liam Neeson, and the home team took the ice at the Garden to the strains of The Who's Baba O'Riley.

After the Rangers' Game 3 loss, they got one step closer to extending their current drought beyond 20 years. And the Kings moved to the verge of their second title in three seasons.

"Give them credit," Rangers coach Alain Vigneault said. "They found a way to put the puck past our real good goaltender and we couldn't do it."

THE CANADIAN PRESS

Clippers sale

Sterling pulls out of deal, lawsuit back on: Attorney

Los Angeles Clippers owner Donald Sterling has pulled his support from a deal to sell the team to former Microsoft CEO Steve Ballmer and will pursue his $1-billion federal lawsuit against the NBA, his attorney said Monday.

"We have been instructed to prosecute the lawsuit," said attorney Maxwell Blecher. He said co-owner Donald Sterling would not be signing off on the deal to sell.

Donald Sterling agreed to ink the deal and drop the suit last week assuming "all their differences had been resolved," his attorneys said. But he decided to not sign the papers after learning the NBA won't revoke its lifetime ban and fine.

THE ASSOCIATED PRESS

Tennis

Bouchard climbs world rankings

Canada's Eugenie Bouchard has moved up four spots in the WTA tennis rankings following her semifinal appearance at the French Open. The player from Westmount, Que., is ranked a career-high 12th, up from No. 16.

Russia's Maria Sharapova moved up three spots to No. 5 after winning the women's title in Paris on the weekend.

On the men's side, Milos Raonic of Thornhill, Ont., remained in the ninth spot.

THE ASSOCIATED PRESS



Dwyane Wade of the Miami Heat drives to the basket against Manu Ginobili of the San Antonio Spurs during Game 2 of the NBA Finals on Sunday. Scan the image with your Metro News app to see how some of the Finals' top performers have fared in Games 1 and 2. ANDY LYONS/GETTY IMAGES

Heat see themselves in Spurs

Dwyane Wade thinks there's no one better than the Miami Heat at dealing with the mental challenge of the playoffs. In his eyes, only one other team might compare. He's talking about the San Antonio Spurs.

That's why Wade believes these NBA Finals are just getting started.

When he looks at the Spurs, he sees qualities his own team has, including an ability to break down a loss and quickly correct things. It's what Miami did before Game 2 of the finals and it's what Wade expects the Spurs to do before the title series resumes with Game 3 in Miami on Tuesday night.

Record-breaking squad

11

Miami has won a franchise-record 11 straight post-season games at home.

"You never put them away," Wade said. "I think they always believe and it's the same with us. You can't, you won't, put us away because we're always going to believe. That's why this is a perfect, different animal, kind of series. They're the other team like us. They don't lose much and when they do they come back and are better in the next game."

That would explain why on Monday, instead of a day off, the Heat gathered to watch video of Game 2.

By winning in San Antonio to even the finals at 1-1, home-court advantage now belongs to the Heat. But no one in their locker-room thinks it's going to get easy now.

"They played a great game," Spurs guard Tony Parker said after Miami's 98-96 win in Game 2, the 13th straight time the Heat immediately followed a post-season loss with a victory. "Now it's our turn to go over there and get one. "

THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
Your confidence is high but today's lunar eclipse of Saturn warns it may be only skin deep. Some kind of setback could easily send you into a tailspin, so strive to keep a sense of perspective.

♉ Taurus
April 21 - May 21
The planets warn you will have to fight hard to get your way today. Alternatively, of course, you could decide the effort isn't worth it and not fight at all. Let fate take its course.

♊ Gemini
May 22 - June 21
The more work you were hoping to do today the more the cosmos will conspire to hold you back. Now that you know that, you can stop flogging yourself half to death and take a breather.

♋ Cancer
June 22 - July 23
Keep your distance from people who seem so negative about life. It's all good at the moment, for you at least, so be optimistic and believe, with all your heart, that great things are coming your way.

♌ Leo
July 24 - Aug. 23
It would be nice if everyone was as enthusiastic about life as you are but it isn't going to happen. All you can do is smile and be a wonderful example.

♍ Virgo
Aug. 24 - Sept. 23
You may feel you are to blame for other people's problems but there is no logical reason why that should be so. The more they try to hold you responsible, the more likely it is to be their fault!

♎ Libra
Sept. 24 - Oct. 23
A positive attitude is essential because if you let even one negative thought creep into your mind it's likely to get stuck there. Life is getting better — believe it, it's true.

♏ Scorpio
Oct. 24 - Nov. 22
There is no point worrying about things over which you have no control. Let go of your fears and doubts and start thinking of life as a great and exciting adventure.

♐ Sagittarius
Nov. 23 - Dec. 21
Something will occur over the next 48 hours that reminds you just how much there still is to learn. You may yearn for perfection but it's never going to happen, so learn to be happy with who you are.

♑ Capricorn
Dec. 22 - Jan. 20
You may find it hard to feel sorry for someone who has clearly brought difficulties on themselves but if they approach you for help today you won't turn them away.

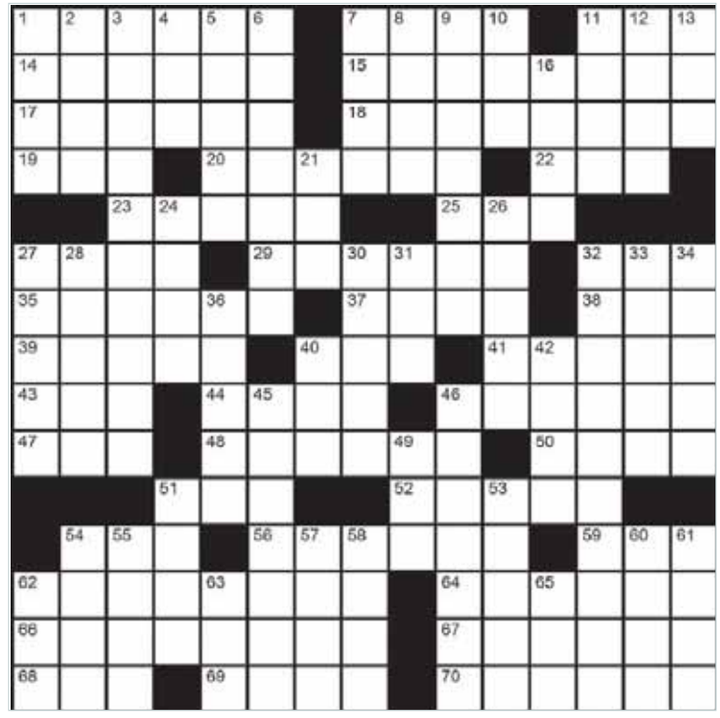
♒ Aquarius
Jan. 21 - Feb. 19
You may be tempted to get involved in an issue that is not your concern but if you are smart you will give it a miss. It will work itself out without your input.

♓ Pisces
Feb. 20 - March 20
You may want to come and go as you please but Saturn, planet of limitation, won't let you. There is something you need to do before you make your getaway. What might it be? Give it some thought — then act. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



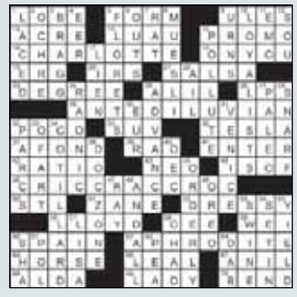
Across

1. 'Tenth Muse', to Plato
7. Prefix to 'cross' (Off-road sport for bikers)
11. School org.
14. Wobbly
15. For example... Evangeline: A Tale of Acadie: 2 wds.
17. Tiger, for one: 2 wds.
18. Hogwarts School of Witchcraft and __
19. Film studio, DreamWorks ___
20. ABBA's "__-Vous"
22. Belief system
23. Rolling Stones live album: 'Get Yer __-__ Out!'
25. Gird
27. Cummerbund
29. Watchman
32. CFL game div.
35. Most kind
37. Ms. Turturro of "The Sopranos"
38. OPEC member country
39. Bakery attraction
40. Caesar's 610
41. Rocker Mr. Redding's
43. Preacher, e.g.
44. Provo's place
46. Element
47. Earlier, olde-style
48. Useful accounting info: 2 wds.
50. Massachusetts' motto starter
51. Blokes
52. Reels
54. Car company
56. "Beauty and the Beast" (1991) character
59. Up to __
62. 'Ghosts' is this band's brand new album: 2 wds.
64. Conceptualize
66. Ian __, Toronto-born lead singer of #62-Across who is married to #9-Down
67. 1997 Green Day album
68. London's li'l locale
69. Achy
70. Assigned a job

Down

1. Stand-ins
2. Name for Canada's series of satellites
3. East Coast: Picturesque postcard place: 2 wds.
4. Piping stuff, commonly
5. Leaden
6. Where to put jam in the morning: 2 wds.
7. Weak whine
8. Mayberry kid of '60s TV
9. Christine __ (Host of CBC's "Best Recipes Ever")
10. Wood sorrel
11. Pea 'packages'
12. Condition
13. Ms. Adams
16. Refined
21. Employ
24. "Cough..."
26. Mr. Gosling's
27. Drum kit part
28. Broadcaster
30. Night: German
31. Concert items, commonly
32. Government of Ontario hub in Toronto: 2 wds.
33. Powders
34. Remainder: French
36. Lightly fry
40. Jadzia __, "Star Trek: Deep Space Nine" role
42. Welcoming
45. Hybrid citrus fruit
46. Put a person in a position
49. 'Violin' suffix
51. Bryn __ (Pennsylvania college)
53. Mumbai's country
54. The Greg __ Band
55. Elvis' "__ __ Stung"
57. Tennis serving whiz
58. Dog breed, __ Terrier
60. Stick _ __ in the water
61. Mr. Foxx
62. "Let It Ride" gr.
63. Hosp. professionals
65. Dorothy's Auntie's namesakes

Yesterday's Crossword



Sudoku

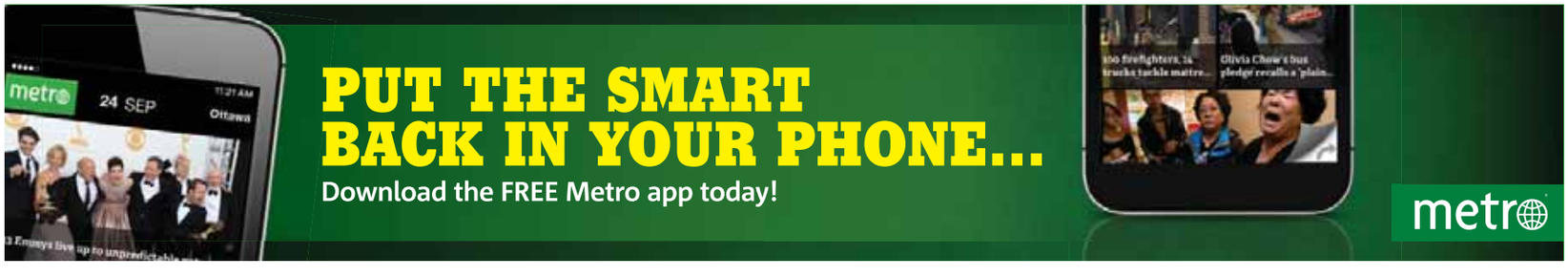
How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

4	2					7		3
7			6			4		
		8	9					
				3				5
9		1	4		7	8		2
6				5				
					2	5		
		2			1			8
8		4					2	7

Yesterday's Sudoku

9	1	2	7	6	5	3	8	4
6	3	5	8	1	4	2	7	9
7	4	8	2	3	9	1	5	6
1	8	4	3	7	2	6	9	5
5	2	7	4	9	6	8	1	3
3	6	9	5	8	1	7	4	2
8	9	3	6	4	7	5	2	1
2	7	1	9	5	3	4	6	8
4	5	6	1	2	8	9	3	7





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Rio4 SX with Navigation shown^Δ
hwy / city 100km^▲: 5.3L/7.3L

Forte SX shown^Δ
hwy / city 100km^▲: 5.3L/8.0L

Optima SX Turbo AT shown^Δ
hwy / city 100km^▲: 5.7L/8.9L

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$80	$0	0%
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15 ANNIVERSARY

KIA
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Offer(s) available on select new 2014 models through participating dealers to qualified retail customers who take delivery by June 30, 2014. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing includes delivery and destination fees up to $1,665, PPSA, other fees and certain levies (including tire levies) and A/C charge ($100, where applicable) and excludes licensing, registration, insurance, and other taxes. Other lease and financing options also available. 0% financing offer for up to 84 months available O.A.C to qualified retail customers, on approved credit for the new 2014 Forte LX MT (F054IE)/2014 Optima LX AT (OP742E)/2014 Rio LX MT (RO541E) with a selling price of $14,641/$22,859/$12,641 and includes delivery and destination fees of $1,485, tire tax of $15, $79 PPSA, A/C charge ($100 where applicable) and a cash bonus of $2,918/$3,500/$2,918. Bi-weekly payments of $80/$126/$69 for 84 months with $0 down payment. Credit fees of $0. Total obligation is $14,641/$22,859/$12,641. See retailer for complete details. ∞Cash purchase price for the new 2014 Forte LX MT (F054IE)/2014 Optima LX AT (OP742E)/2014 Rio LX MT (RO541E) is $14,641/$22,859/$12,641 and includes a cash bonus of $2,918/$3,500/$2,918 (which is deducted from the negotiated price before taxes). Retailer may sell for less. §Cash Bonus amounts are offered on select 2014 and 2015 models and are deducted from the negotiated price before taxes. $4,000 cash bonus only available on the 2014 Optima Hybrid LX (OP74AE). Offer ends June 30, 2014. See your dealer for complete details. ^Δ Model shown Manufacturer Suggested Retail Price for 2014 Forte SX (F074BE)/2014 Optima SX Turbo AT (OP748E)/2014 Rio4 SX with Navigation (RO749E) is $26,395/$34,795/$22,295. ▲ Highway/city fuel consumption is based on the 2014 Forte 1.8L MPI 4-cyl (M/T)/2014 Optima 2.4L GDI (A/T)/2014 Rio41.6L GDI 4-cyl (A/T). These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the *EnerGuide Fuel Consumption Guide*. Your actual fuel consumption will vary based on driving habits and other factors. *The Bluetooth® wordmark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. †Sirius, XM and all related marks and logos are trademarks of Sirius XM Radio Inc. and its subsidiaries. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.